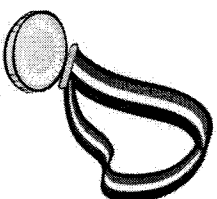




HealthierUS School Challenge:

Recognizing Excellence in Nutrition and Physical Activity

New Criteria Effective July 1, 2012



General		Criteria
Team Nutrition School	All Schools must be enrolled as a Team Nutrition School.	<ul style="list-style-type: none"> All award levels.
School Meals Programs	All Schools must participate in the School Breakfast Program (SBP) <i>and</i> National School Lunch Program (NSLP). Reimbursable meals meet USDA nutrition standards.	<ul style="list-style-type: none"> All award levels.
Average Daily Participation (ADP; Calculated Based on Attendance)	<p><i>Breakfast:</i></p> <ul style="list-style-type: none"> Elementary/Middle School: <ul style="list-style-type: none"> -Bronze: No ADP requirement -Silver: 20% -Gold: 35% -Gold Award of Distinction: 35% <p>High School:</p> <ul style="list-style-type: none"> -Bronze: No ADP requirement -Silver: 15% -Gold: 25% -Gold Award of Distinction: 25% <p><i>Lunch:</i></p> <ul style="list-style-type: none"> Elementary/Middle School: <ul style="list-style-type: none"> -Bronze: No ADP requirement -Silver: 60% -Gold: 75% -Gold Award of Distinction: 75% <p>High School:</p> <ul style="list-style-type: none"> -Bronze: No ADP requirement -Silver: 45% -Gold: 65% -Gold Award of Distinction: 65% 	

Breakfast		Criteria
Fruits and Vegetables	Bronze/Silver:	At least three different fruit and vegetables must be offered each week. At least 1 fruit/week must be served fresh.
	Gold/Gold Award of Distinction:	At least one different fruit and/or vegetable must be offered every day. At least 2 fruits/week must be served fresh.
Grains	Bronze/Silver:	50% of grains offered weekly are whole grain-rich. *
	Gold:	70% of grains offered weekly are whole grain-rich. *
	Gold Award of Distinction:	100% of grains offered weekly are whole grain-rich. *
		* The definition of whole-grain rich will be consistent with USDA policy guidance on new meal pattern requirements 7 CFR 210.10(c)(2)(iv).

Lunch	Criteria
Vegetables	<p>All Award Levels:</p> <ul style="list-style-type: none"> • Dark green, red and orange, and dry beans and peas must be offered in amounts equivalent to the meal pattern. <p>Bronze/Silver:</p> <ul style="list-style-type: none"> • Offer one additional serving weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas). <p>Gold/Gold Award of Distinction:</p> <ul style="list-style-type: none"> • Offer two additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).
Fruits	<p>All Award Levels:</p> <p>At least five different fruits must be offered each week (fresh, frozen, canned, dried, or 100% juice). Dried fruit must have no added sweetener; canned fruit must be packed in juice or light syrup. 100% juice can be counted as a fruit only once per week.</p> <p>Bronze:</p> <p>1 fruit/week must be served fresh.</p> <p>Silver:</p> <p>2 fruits/week must be served fresh.</p> <p>Gold:</p> <p>3 fruits/week must be served fresh.</p> <p>Gold Award of Distinction:</p> <p>4 fruits/week must be served fresh.</p>

Lunch	Criteria
Grains	<p>Bronze/Silver:</p> <p>Two-thirds of the minimum required grains offered over a week must be whole grain-rich*, which equates to a minimum of 6, 7, and 8 servings required in grades K-5, 6-8 and 9-12, respectively. If there is an overlap of grades in a school, it must offer the minimum servings required of the higher-grade group.</p> <p>Gold/Gold Award of Distinction:</p> <p>All grains offered must be whole grain-rich*.</p> <p><u>Whole Grain-Rich Variety:</u></p> <p>Bronze/Silver/Gold:</p> <p>At least three different types of whole grain-rich* foods offered during the week.</p> <p>Gold Award of Distinction:</p> <p>Same as Gold plus only one whole grain-rich* offering per week may be a grain-based dessert.</p> <p>* The definition of whole grain-rich will be consistent with USDA policy guidance on new meal pattern requirements 7 CFR 210.10(c)(2)(iv).</p>

Additional Criteria

Nutrition Education	<p>Elementary School:</p> <ul style="list-style-type: none"> • For all award levels, nutrition education is provided in all grades. <p>Middle School:</p> <ul style="list-style-type: none"> • Bronze/Silver: Offered in at least one grade during the school year. • Gold/Gold Award of Distinction: Offered in at least 2 grades. <p>High School:</p> <ul style="list-style-type: none"> • For all award levels, nutrition education offered in 2 courses required for graduation.
Physical Education (PE)	<p>Structured physical education must be provided:</p> <p>Elementary School:</p> <p>Gold Award of Distinction: minimum average 150* min/per week throughout the school year.</p> <p>Gold: minimum average of 90* min/week throughout the school year.</p> <p>Silver/Bronze: minimum average of 45* min/week throughout the school year.</p> <p>*Up to 20 minutes (Bronze/Silver) and 45 minutes (Gold/Gold Award of Distinction) of the PE requirement may be met by providing structured physical activity planned by a certified PE teacher and implemented by a classroom teacher or school administrator. All students must participate in the physical activities, which must be at least moderate-intensity and in increments of at least 10 minutes.</p> <p>Middle School:</p> <p>For all award levels, structured physical education offered to at least 2 grades.</p> <p>High School:</p> <p>For all award levels, structured physical education offered in at least 2 courses.</p>

Additional Criteria

Physical Activity (PA)	<p>For All Award Levels:</p> <ul style="list-style-type: none"> ▪ Provide daily opportunities for unstructured physical activity, such as recess, for all children. ▪ School demonstrates a commitment to neither deny nor require physical activity as a means of punishment <p>For elementary schools, physical activity opportunities are provided daily for students outside of physical education classes. For example, regular scheduled recess, physical activity breaks during the school day within the classroom, walking clubs, bike clubs, intramural sports, walk-to-school program, etc. This does not count toward the time for physical education. For middle and high schools, in addition to above, the school actively promotes participation in physical activity (intramural sports/interscholastic sports or activity clubs) throughout the year. In all grades, schools must reinforce physical activity be neither denying nor requiring physical activity as a means of punishment.</p>
Local School Wellness Policy	<p>For All Award Levels:</p> <p>Submit a copy of the school's local wellness policy with the HUSSC Application, AND provide documentation for the following local school wellness policy criteria:</p> <ol style="list-style-type: none"> 1. Report your school's compliance with the district wellness policy. 2. List goals from the school's local school wellness policy that are reflected in the overall school improvement plan. 3. State how parents, students, PE teachers, school health professionals, the school board, school administrators, and community members participate in the development, implementation, review and update of the local school wellness policy. 4. List ways in which school shares its local school wellness policy with the public.
Fundraising	<p>For All Award Levels:</p> <p>Primarily non-food items should be sold through school fundraising activities. However, if food items are sold during the school day, they must meet the guidelines for competitive foods.</p>

Other Criteria for Excellence	<p>Bronze: Must select at least 2 of the 20 options. Silver: Must select at least 4 of the 20 options. Gold: Must select at least 6 of the 20 options. Gold Award of Distinction: Must select at least 8 of the 20 options.</p> <p>Options:</p> <p>Program Outreach Excellence</p> <ul style="list-style-type: none"> <input type="checkbox"/> School implements innovative practices to increase SBP participation, such as Breakfast in the Classroom. <input type="checkbox"/> School operates an afterschool program that participates in the Afterschool Snack Program or at-risk afterschool meals component of the Child and Adult Care Food Program (CACFP). <input type="checkbox"/> If percentage of free or reduced students is 50% or more, Summer Food Service Program is available. <p>Physical Activity Excellence</p> <ul style="list-style-type: none"> <input type="checkbox"/> School sponsors a non-competitive afterschool physical activity program. <input type="checkbox"/> School actively supports and promotes walking or bicycling to and from school. <input type="checkbox"/> School offers at least 20 minutes of recess daily before lunch. <p>Nutrition Education Excellence</p> <ul style="list-style-type: none"> <input type="checkbox"/> School uses grade appropriate Team Nutrition curricula and lessons to teach nutrition education. <input type="checkbox"/> School has partnered with a chef in the <i>Chefs Move to Schools</i> Program. <p>Excellence in School and Community Involvement in Wellness Efforts</p> <ul style="list-style-type: none"> <input type="checkbox"/> Provides annual training to before and after school program staff on physical activity and nutrition. <input type="checkbox"/> All school staff receives annual training on wellness policies and ways to promote nutrition and physical activity. <input type="checkbox"/> School partners with one or more community groups to promote wellness. <input type="checkbox"/> Students have the opportunity to provide input on school food and physical activity options. <input type="checkbox"/> School informs public on amount of time allotted for lunch. Solicits input from students and community members on the amount of time that is adequate for lunch.
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continued next page

<p>Other Criteria for Excellence</p>	<p>Options (continued from page 7):</p> <p>School Food Service Excellence</p> <ul style="list-style-type: none"> <input type="checkbox"/> School Food Service Manager is a certified food handler (local or national certification) <input type="checkbox"/> School has a Farm to School initiative. <input type="checkbox"/> <u>Smarter Lunchroom</u> techniques are used to encourage fruit consumption: Fruit is displayed in 2 locations, one of which is near the cash register, on all lunch lines. Attractive displays, signage, and staff encouragement are used to draw attention to the fruit and encourage children to select them. <input type="checkbox"/> <u>Smarter Lunchroom</u> techniques are used to encourage vegetable consumption: Students are given the opportunity to provide input into vegetable offerings and to identify creative/descriptive names for the offerings. Creative/descriptive names are displayed with vegetables on the lunch line as well as on a poster or menu board outside the school cafeteria. <input type="checkbox"/> When offered, dark-green, red and orange vegetables and dry beans and peas are displayed first or most prominently among vegetable side dishes on the lunch line. <input type="checkbox"/> <u>Smarter Lunchroom</u> techniques are used to encourage consumption of dry beans and peas: Entrees that include dry beans or peas are displayed first or most prominently on the lunch line amongst other entrée items on at least 2 days within the 4-week menu cycle submitted. Dry bean and pea entrée items are given creative/descriptive names with student input. <input type="checkbox"/> Grab-and-go reimbursable meal options include dark-green, red and orange vegetables, and/or dry beans and peas at least one day per week.
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Criteria for Competitive Foods/A La Carte/Second Servings (No Change)

General Criteria for all competitive foods including a la carte, seconds, in vending machines, school stores, etc.	Bronze/Silver: When competitive foods are served: <ul style="list-style-type: none"> • In the foodservice area • Only during meal periods Gold/Gold Award of Distinction: When competitive foods are served: <ul style="list-style-type: none"> • Anywhere in the school • At any time during the school day (including meal periods)
Total Fat	For All Award Levels: Calories from total fat must be at or below 35%, excluding nuts, seeds, nut butters and reduced-fat cheese.
Trans Fat	For All Award Levels: “ <i>Trans</i> fat-free” less than .5 g <i>trans</i> fat per serving.
Saturated Fat	For All Award Levels: Calories from saturated fat must be below 10%. Reduced- fat cheese is exempt.
Sugar	For All Award Levels: <u>Total</u> sugar must be at or below 35% by weight (includes naturally occurring and added sugars). Fruits and vegetables are exempt.
Sodium	Gold Award of Distinction: Must be at or below 200mg per side dish/non-entrée Bronze/Silver/Gold: Must be at or below 480mg per side dish/non-entrée Must be at or below 480 mg per main dish/entrée Must be at or below 600mg per main dish/entrée
Portion Sizes	For All Award Levels: Not to exceed the serving size of the food served in the NSLP/School Breakfast Program (SBP); for other sales, the item package or container is not to exceed 200 calories.
Fruits and Non-Fried Vegetables	For All Award Levels: Fruits and vegetables may be fresh, frozen, canned, or dried, and they must be found in Chapter 2 of the Food Buying Guide. Dried fruit must have no added sweetener; canned fruit must be packed in juice or light syrup.

Criteria for Competitive Foods/A La Carte/Second Servings (No Change)

Milk	For All Award Levels: Only low-fat (1% or less) or fat-free milk meeting State and local standards for pasteurized milk and/or USDA approved alternative dairy beverages may be offered daily.
Milk Serving Sizes	For All Award Levels: Milk serving size is limited to 8-fluid ounces.
Other Approved Beverages	For All Award Levels: Fruit and vegetable juices: 100% full strength with no sweeteners or non-nutritive sweeteners. Water (non-flavored, non-sweetened, non-carbonated, non-caffeinated, without non-nutritive sweeteners).
Juice Serving Size	For All Award Levels: Juice serving size is limited to 6-fluid ounces.